

February 2007 SenioRx/Wellness Press Release

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NEWS RELEASE: Obesity Related Medication

The large number of people with obesity and the serious health risks that come with it make understanding its causes and treatment crucial. The SenioRx/Wellness Program can provide free or low cost medications to those who qualify.

“Obesity” refers to an excessive amount of body fat. “Overweight” refers to an excessive amount of body weight that includes muscle, bone, fat, and water. As a rule, women have more body fat than men. Most health care professionals agree that men with more than 25 percent body fat and women with more than 30 percent body fat are obese. These numbers should not be confused with the body mass index (BMI), however, which is more commonly used by health care professionals to determine the effect of body weight on the risk for some diseases.

Because measuring a person’s body fat is difficult, health care professionals often rely on other means to diagnose obesity. Weight-for-height tables, used for decades, have a range of acceptable weights for a person of a given height.

Health care providers are concerned not only with how much fat a person has, but also where the fat is located on the body. Women typically collect fat in their hips and buttocks, giving them a “pear” shape. Men usually build up fat around their bellies, giving them more of an “apple” shape. Of course some men are pear-shaped and some women become apple-shaped, especially after menopause. If you carry fat mainly around your waist, you are more likely to develop obesity-related health problems. **Women with a waist measurement of more than 35 inches and men with a waist measurement of more than 40 inches may have more health risks than people with lower waist measurements because of their body fat distribution.**

Obesity occurs when a person consumes more calories from food than he or she burns. When a person eats more calories than he or she burns, the energy balance is tipped toward weight gain and obesity. Many serious medical conditions have been linked to obesity, including **type 2 diabetes, heart disease, high blood pressure, and stroke**. Obesity is also linked to higher rates of certain types of cancer. **The SenioRx/Wellness Program provides many types of free medications associated with obesity related illnesses.**

The method of treatment depends on your level of obesity, overall health condition, and readiness to lose weight. Treatment may include a combination of diet, exercise, behavior modification, and sometimes weight-loss drugs. Remember, weight control is a life-long effort, and having realistic expectations about weight loss is an important consideration. Eating a healthful diet and getting at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week have important health benefits.